

USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 05-29-07)

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B450 – OATS, ROLLED, QUICK, DRY, 50 LB



Nutrition Information

Oats, quick, unenriched, dry and cooked, no salt added

CATEGORY	<ul style="list-style-type: none"> Grains/Breads
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> Rolled oats, quick cooking. Unenriched
PACK/YIELD	<ul style="list-style-type: none"> 50 lb bag. One 50 lb bag AP yields about 312½ cups dry, quick, rolled oats OR about 595 cups cooked oats and provides about 2380.0 ¼-cup servings cooked oats OR about 1190.0 ½-cup servings cooked oats OR about 790.0 ¾-cup servings cooked oats. One lb AP yields about 6¼ cups dry, quick, rolled oats OR about 11⅞ cups cooked oats and provides about 47.6 ¼-cup servings cooked oats OR about 23.8 ½-cup servings cooked oats OR about 15.8 ¾-cup servings cooked oats. CN Crediting: ¼ cup cooked oats provides ¼ cup cooked cereal grain OR ½ cup cooked oats provides ½ cup cooked cereal grain OR ¾ cup cooked oats provides ¾ cup cooked cereal grain.
STORAGE	<ul style="list-style-type: none"> Store rolled oats off the floor in a cool, dry, well-ventilated place (ideal temperature of 50 °F and relative humidity between 50 and 70%). If ideal storage conditions are not available, store rolled oats under refrigeration. Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.

	½ cup dry (40 g)	½ cup cooked (117 g)
Calories	156	74
Protein	6.48 g	3.04 g
Carbohydrate	27.14 g	12.64 g
Dietary Fiber	4.0 g	2.0 g
Sugars	0.59 g	0.28 g
Total Fat	2.55 g	1.17 g
Saturated Fat	0.45 g	0.19 g
Trans Fat	N/A	N/A
Cholesterol	0 mg	0 mg
Iron	1.70 mg	0.80 mg
Calcium	21 mg	9 mg
Sodium	2 mg	1 mg
Magnesium	60 mg	28 mg
Potassium	142 mg	66 mg
Vitamin A	0 IU	0 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0 mg	0 mg
Vitamin E	0.28 mg	0.12 mg



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PREPARATION/ COOKING INSTRUCTIONS	<ul style="list-style-type: none">• Substitute rolled oats for rolled wheat in any recipe. Make substitutions on a volume basis only, since weights of these products vary. Use as directed in recipes for preparing baked goods, cereals, etc.
USES AND TIPS	<ul style="list-style-type: none">• Serve rolled oats as a hot cereal or use as an extender for meat loaf or meat and fish patties.• Use rolled oats in breads, rolls, muffins, cookies, similar baked items, and as a topping for crisps and cakes.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none">• Visually inspect for presence of foreign substances, insects, or molds before use.
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none">• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm.• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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